



The Effect of Specific Areas Exercises to Develop Scoring Speed Performance of Young Football Players

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Abstract: The modern play of football requires the creation of modern methods different from what is used by coaches, including the use of exercises specific areas, it is one of the few training methods used in age groups in Iraq because of its positive impact on the acquisition and mastery of basic skills and the development of physical and skill abilities of players, the problem of research has emerged through the field follow-up of some training and matches of young people, as the researchers found that there is a weakness in the speed of performance of the scoring skill and lack of quick decisions And the loss of many opportunities achieved, the scoring skill is the essence of all aspects of training and the important and necessary factor in resolving the result of the match, so the researchers decided to study this problem using new exercises in training the specified areas for its distinctive effectiveness in developing basic football skills, including the scoring skill because this skill has a major role in reaping winning points. The exercises of the specific areas with their diverse style are more competitive in developing the speed of performance of young football players, the exercises of the specified areas are considered a recreational aspect due to the difference in the training environment from the traditional Which contributed to the development of the skill of speed of scoring performance, the exercises of the specific areas develop the components of the physical and skill game.

Keywords: special exercises, specific areas, speed of scoring performance, football.

1. Introduction:

1.1. Definition of research

Our world today is witnessing a great and continuous development in the field of sports training science through the diversity of training methods and the use of modern training methods and methods that helped to develop the physical, skill, tactical and psychological abilities of the players to reach them to the best levels in order to achieve the desired goals and researchers and specialists in the game of football are still continuing to search and see everything new in training in order to raise the level of players and the game and achieve Achievement.

Modern football play requires finding modern methods that differ from what coaches use, including the use of specific area exercises, as it is one of the low-used training methods in age groups in Iraq because of its positive impact on the acquisition and mastery of basic skills and the development of the physical and skill abilities of the players, as well as that these exercises accustom players to

acquire good habits and increase communication between players and make quick decisions in a timely manner and improve the quality of disposal in small spaces and spread in length and width To fill the voids and upset the balance of the opposing team and penetrate the defense to score goals and win the match, and this is what he pointed out (Qasim Lazam Sabr. 2009, 135) "Small areas defined in the penalty area, half of the square, or any area of the stadium in the form of a square, circle or any other geometric shape, which are small areas and part of the area of the field serve the goal of the exercise".

Therefore, the training process will go in a positive and advanced direction by rationing the training loads that lead to raising the ability and efficiency of the player in line with the specificity of the game and the modern methods and methods used, as the speed of performance is one of the important capabilities in the game of football, as it takes a large space in the training units, especially in the period of special preparation, and its importance is through the continuous movement in the match and facing the variables of play with high efficiency and performing many duties within the match. Youth training is of great importance as it is a link between age groups and applicants, so the latest methods must be used to develop their physical and skill capabilities, which in turn leads to raising the level of performance that qualifies them to represent clubs and national teams deservedly. Hence the importance of practical research through the use of new exercises, including special exercises for specific areas to develop the speed of performance of the scoring skill of young football players by training on situations similar to the playing situations and benefit from them in matches.

1.2. Research problem:

The exercises of the specific areas are of great importance in the physical, skill and tactical preparation in football, as they provide a suitable environment that allows them to solve the problems they face in play. Through the researchers' field review of the exercises and matches of youth clubs in Wasit Governorate and meeting with some coaches and reviewing studies related to football, the researchers found that there is a slow and exaggerated preparation for the performance of the scoring skill, which is one of the most important basic skills in football, as the researcher attributes the reason for this that most clubs use exercises specific areas in their traditional style or used to supplement the warm-up and do not use them to develop the skill aspects as a basic method for developing the levels of players. Therefore, the researchers decided to try new exercises in the training of specific areas, as these exercises are very useful and give the researchers the opportunity to monitor the players and gradient daily training loads because they help to develop physical abilities and master basic skills, including the skill of scoring more quickly than traditional exercises, which affects the effectiveness of performance and raise the level of performance of young football players.

1.3. Research Objective:

Identify the impact of exercises for specific areas on the speed of scoring performance of young football players.

1.4. Research hypothesis:

There is a positive effect of exercises for specific areas to develop the speed of scoring performance of young football players.

1.5. Research Areas:

1.5.1. Human Field: Eastern Club Youth Players for the 2023-2024 Football Season.

1.5.2. Time Range: from (20/9/2023) to (30/11/2023).

1.5.3. Spatial area: Sharqia Football Club Stadium in Wasit Governorate.

2. Methodology:

2.1. Research methodology: The appropriate approach to the nature of the problem found by the researchers requires knowledge of the impact of exercises through the experiment as the

researchers used the experimental approach with two groups (control and experimental) with pre- and post-tests.

2.2. The research community and its sample:

The research community has been identified and they are the clubs of the Wasit Governorate Center for the youth category (Kut, Wasit Damook, Eastern, Izza, Jihad, Muntadhar, martyr) and the selection of the sample is a major pillar of scientific research, as it represents the community of origin as referred to (Zafer Hashem Al-Kazemi. 2012. 84) "The part that represents the community of origin or the model on which the researchers are conducting the entirety of the axes of his work", as the sample is a way to collect data and information and specific cases are selected in a specific style from all elements of the vocabulary and population of the study in a way that serves and is commensurate and works to achieve the objectives of the study.

The research sample was randomly selected using the lottery method to determine the club that represents the research sample, as the results of the draw resulted in the representation of the youth of the Eastern Club as a sample of the research from a total of (8) clubs in the center of the city of Kut, as the number of the research sample is (26) players were excluded (6) players, and (4) players for the exploratory experiment, and (2) goalkeepers players, as the number of the sample reached (20) players and they were divided equally into two experimental and control groups for each group (10) players, as the percentage of the research sample (9.55%) of the total population.

2.3. Tools and devices:

2.3.1. Equipment:

1. Sources and references.
2. Personal interviews.
3. International Information Network (Internet).

2.3.2. Devices and tools used in research:

1. Samsung device number (1).
2. Korean electronic calculator type HP number (1).
3. iPhone 12 Pro mobile camera number (1).
4. Two stopwatches.
5. Medical balance number (1).
6. Footballs number (15) size (5).
7. training cones number (16).
8. Coins (15)
9. Large goals (2).
10. whistles number (2)
11. training number (24) three colors (blue - yellow - red).
12. 1 tape measure

2.4. Research procedures:

- 2.4.1. homogeneity of the research sample To achieve homogeneity between the members of the two groups, the researchers conducted the process of homogeneity between the members of the sample to adjust the research variables (age, height, mass, training age) as in Table (1).

Table (1) Shows the homogeneity of the sample

Variables	Units	Levine test	Significance level	Significance type
Age	Year	0.724	0.406	Insignificant
Height	Cm	1.914	0.183	Insignificant
Mass	Kg.	0.000	1.000	Insignificant
Training age	Year	0.658	0.428	Insignificant

Through Table (1) we can observe the value of (sig) and for all variables which is greater than (0.05) and thus make sure that all data are homogeneous.

2.4.2. Determine and select the research variable: The research variable was determined by the researchers on the basis of the slow performance of the scoring skill and the loss of many opportunities due to the players' reluctance and lack of quick decisions to score goals.

2.4.3. The third test: the test of kicking balls towards the goal (Muhammad. Qutaish. 2011. 95)

Objective of the test: Measuring scoring speed (performance speed). Tools used:

1. 12 football balls.
2. football goal.
3. whistle.
4. tape measure.
5. electronic stopwatch.
6. registration form.

Test Procedures: We place (12) balls on the line of the penalty area (18) yards so that each ball is (50) cm away from the other. How to perform: The player stands behind the first ball at a distance of (1) m, and when he hears the whistle, he kicks the balls one after the other for (10) seconds. The player can start kicking balls from any direction he wishes. The idea of the test is based on the speed of scoring performance. How to score: The player is given one attempt and counts the number of correct balls he performs during (10) s.

2.4.4. Pre-test: The researchers conducted the pre-test of the control and experimental research sample on (Friday) (22/9/2023) at four o'clock in the evening at the Eastern Sports Club football stadium, and the speed test of the scoring skill was done, and the researchers worked to stabilize the conditions for the test and the method of conducting it and the assistant team in order to achieve the same conditions as much as possible when conducting the post-test. The test was explained by the researchers in detail to the sample members before the test. The test was applied by the work team and under the supervision of the researchers so that the sample members can understand the test. - Recording the test results according to the conditions and specifications specified for the test.

2.4.5. Sample equivalence: The researchers conducted the equivalence between the two control and experimental groups to start from one point of initiation in controlling (speed of scoring performance) through the results of the pre-test and the application of the law (t) statistical for independent samples as shown in Table (2).

Table (2) Shows the equivalence of the sample in the research variables

Test	Units	Experimental		Control		Calculated T	Sig. level	Sig. type
		M.	St.d	M.	St.d			
kicking balls towards the goal for (10) seconds	Rep.	7.8000	1.13529	7.4000	94327	1.000	.383	Insig.

It is shown through Table (2) that the value of (Sig.) for the skill of speed of scoring performance is greater than the value of (0.05), that is, there are no significant differences between the two groups, which indicates that the two research groups are equivalent to this The results of these measurements are tribal for both groups.

2.4.6. The main experiment:

After the completion of the implementation of the pre-test, the researchers conducted the main experiment of the research, as the researchers prepared a set of exercises, numbering (18) exercises in the specified areas using training tools, and the researchers took into account the use of exercises in a codified manner to achieve the desired goals of these exercises, as the researchers followed the following:

- The implementation of the main experiment began on Monday (25/9/2023) and ended on Tuesday (28/11/2023).
- The exercises were applied by (3) training units per week for a period of (8) weeks, and the total training units were (24) training units, and the days of the training units were (Sunday - Tuesday-Thursday).
- (4) training unit includes exercises related to the skill of speed of scoring performance.
- The time of the training unit dedicated to the exercises ranges from the speed of scoring performance (20) minutes from the main part of the physical and skill side.

2.4.7. Post-test:

After completing the application of the vocabulary of the training units, the researchers conducted the post-test for the control and experimental research sample on (Thursday) (30/11/2023) at four in the evening at the Eastern Sports Club football stadium, and the researchers followed the same conditions and procedures for the pre-test.

2.5. Statistical means: For the purpose of processing the results, the researchers use the statistical bag (SPSS) and through which the following statistical means are extracted:

- mean.
- Standard deviation.
- Levine test.
- test (t) for correlated samples.
- Test (T) for independent samples.

3. Results:

3.1. Presentation, analysis and discussion of results:

3.1.1. Presentation and analysis of the results of the research test (pre-post) of the control group: For the purpose of verifying the hypothesis of the research, the researchers analyzed the pre- and post-data using the test (t) for correlated samples and table (3) shows the significance of the differences between the pre- and post-measurements of the control group in the research variable.

Table (3)

Test	Pre		Post		Calculated T	Sig. level	Sig. type
	M.	St.d	M.	St.d			
kicking balls towards the goal for (10) seconds	7.80	1.135	8.80	0.632	-3.000	0.015	Insig.

Through Table (3) and when observing the statistical indicators of the control group, we find that there are no significant differences between the pre- and post-test of the variable (speed of scoring performance), which is confirmed by the value of (sig) as it was greater than the level of significance (0.05), and thus we reject the alternative hypothesis, which states that there are significant differences between the scores of the pre- and post-test.

3.1.2. Presentation and analysis of the results of the research test (pre-post) of the experimental group: To identify the results of the differences between the pre- and post-test of the research variable for the experimental group, the researchers used the test (T) for the corresponding samples as shown in Table (4). Through Table (3) and when observing the statistical indicators of the control group, we find that there are no significant differences between the pre- and post-test of the variable (speed of scoring performance), which is confirmed by the

value of (sig) as it was greater than the level of significance (0.05), and thus we reject the alternative hypothesis, which states that there are significant differences between the scores of the pre- and post-test.

- 3.1.3. Presentation and analysis of the results of the research test (pre-post) of the experimental group: To identify the results of the differences between the pre- and post-test of the research variable for the experimental group, the researchers used the test (T) for the corresponding samples as shown in Table (4).

Table (4).

Test	Pre		Post		Calculated T	Sig. level	Sig. type
	M.	St.d	M.	St.d			
kicking balls towards the goal for (10) seconds	6.50	0.707	8.80	0.632	7.667	.000	Insig.

Through Table (4) and when observing the statistical indicators of the experimental group, we find significant differences between the pre- and post-test of the scoring performance speed variable, this is confirmed by the value of (sig), as it was greater than the significance level (0.05), and thus we reject the alternative hypothesis, which states that there are significant differences between the scores of the pre- and post-test.

- 3.1.4. Presentation and analysis of the results of the post-test between the control and experimental groups: Table (5) shows the arithmetic media, standard deviations, calculated value (T) and the level of significance of the post-test between the experimental and control groups.

Table (5)

Test	Control		Experimental		Calculated T	Sig. level	Sig. type
	M.	St.d	M.	St.d			
kicking balls towards the goal for (10) seconds	6.50	0.707	8.80	0.632	7.667	.000	Insig.

Through Table (5) and when observing the statistical indicators of the results of the post-test of the research variable, we find there are significant differences between the post-test and in favor of the experimental group for the variable of the speed of scoring performance This is confirmed by the value of (sig) as it was under the level of significance (0.05), and thus we accept the alternative hypothesis, which states that there are significant differences between the degrees of the post-test and in favor of the post-test of the experimental group, and this was shown through the difference between the arithmetic media, as the arithmetic means of the experimental group were in the test The dimension is better than the control group for the speed of scoring performance.

4. Discussion:

- 4.1. Discussion of the results of the pre- and post-test for the variable of the speed of scoring performance and for the experimental and control groups: The results of the pre- and post-test of the control group showed that there were no significant differences As for the results of the post-test of the control group, there were significant differences between the pre- and post-test, which confirms the value of (sig) mentioned in the table, as it was greater than the significance level (0.05) of the two tables, The researchers attribute the reason for this to the nature and diversity of exercises, as they had a major role in developing the speed of scoring by playing on small and large goals and playing with spirit and enthusiasm, and this has a positive impact on them because scoring did not come with easy performance, but with playing exercises similar to what happens in the match and these exercises make responses fast to mastering the scoring skill is a major solution to win, because without scoring does not happen winning, and he pointed out that (Zafer Ahmed Mansour.2007.36) "The speed and accuracy Scoring has an important and decisive role for the success of any team".

The researchers believe that the exercises of the specified areas had a positive and important impact on the speed of scoring performance, which coaches must train this skill permanently and give it enough time in training, as mastering it decides the result of the match, and that the best exercises to

develop this skill is to play in a similar atmosphere or close to the atmosphere of the matches because the nature of the game is characterized by the element of surprise and quick reactions.

4.2. Discussion of the post results of the variable scoring speed for the experimental and control groups:

Through Table (5) shows the results of the post-test preference differences between the experimental and control groups and in favor of the experimental group, and the researchers attribute the reasons for those differences in the variable speed of scoring performance to the use of specific areas, which helped to increase the player's sense of the ball and worked to speed up performance and the acquisition and mastery of the scoring skill to be developed in the research through diversity in the content of the exercise and the way of playing, The exercises also focused on the physical and skill aspects significantly that helped develop the research variable, and this is what he pointed out (Al-Mawla.2014. 19).

As the exercises are playing mini-games that led to the development of skills and increase the number of handlers and the number of opportunities to score goals and the player performs quickly and high repetition of the skill compared to playing on the entire field, in which the repetition of the skill is less than the specified areas due to the large number of players and the size of the large stadium, as the repetitions help to correct errors and improve performance, and whenever the exercises simulate the conditions of the match, the exercises become more realistic and useful to achieve a good level of performance in the matches.

5. Conclusions and recommendations:

5.1. Conclusions:

1. Exercises specific areas in their diverse style are more competitive in developing the speed of performance of young football players.
2. The exercises of the specified areas is a recreational aspect because of the difference in the training environment from the traditional, which contributed to the development of the skill of speed of scoring performance.
3. The exercises of the selected areas develop the components of the physical and skill game.

5.2. Recommendations:

1. Encouraging coaches to use the specified areas as a training method because of its effective role and creating a suitable environment for the development of players.
2. Codifying the exercises of the specified areas and using them in the training of all age groups. 3- The need to focus on exercises in the specified areas and give them sufficient time in the training units.

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